

DIVISION FOR THE VISUALLY IMPAIRED



SIGHTED GUIDE TECHNIQUE

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<http://www.state.de.us/dhss/dvi/dvihome.ht>

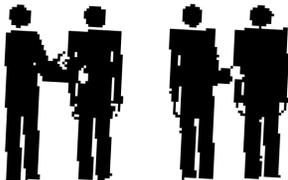
REVERSING DIRECTION



GUIDE: Ask the VI person to "about face". Turn in to face the VI person and offer your arm. Complete the turn once the VI person has grasped your arm.

VI PERSON: Face the guide and contact the guide's arm. Release your original grasp. Assume the normal grasp on the new arm.

CHANGING SIDES



GUIDE: Ask the VI person to change sides. Bring their arm behind you.

VI PERSON: Grasp the guide's arm with your free hand above the other hand. Release your original grip and slide that hand across the guide's back to the free arm. Bring your second hand across to the guide's other arm. Assume the normal grasp position.

SITTING



GUIDE: Position the VI person in so that the VI person's knees touch the front of the chair. For some VI persons, it may be helpful to describe the back arms of the chair.

VI PERSON: Bend to the chair, sweep the seat with one hand, locate the arms and sit in the chair.

CARS



GUIDE: Guide the VI person to the door handle, indicate front or back door, and indicate which way the car is facing.

VI PERSON: Locate the frame above the open door with one hand and the door handle with the other. Sweep the seat with your hand before sitting.

SIGHTED

Sighted guide technique allows a person who is visually impaired to use a person with sight as a guide. The technique follows a specific form and has specific guidelines. A Sighted guide provides safety, may be used to orient someone new to new environments and is a comfortable way of traveling.

In this pamphlet you will find some of the most often used techniques.

CONTACT AND GRASP



GUIDE: Touch the visually impaired person's elbow, forearm, or hand with the back of your hand.

VI PERSON: Grasp the guide's arm above the elbow with your fingers on the inside of the arm near the guide's body and your thumb on the outside near you. Use a firm grasp but do not use excessive pressure.

STANCE



GUIDE: Stand with your arm relaxed at your side or bent at the elbow.

VI PERSON: Your arm should be bent at the elbow,

GUIDE

placing you one half step behind the guide.

NOTE: Walk at a pace that is comfortable for both people. The guide should not be pulling the VI person and the VI person should not be pushing the guide.

NARROW PASSAGE



GUIDE: Continue facing forward, move your arm diagonally across your back.

VI PERSON: Straighten out your arm and move directly behind the guide thus following effectively in single file.

DOORS

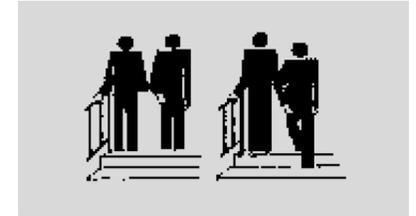


GUIDE: Tell the VI person if the door needs to be pushed or pulled and whose side the hinges are on. Begin opening the door and let the VI person hold the door if indicated. A simple statement such as, "your door," will alert the VI person to the need for an appropriate action.

TECHNIQUE

VI PERSON: If the hinges are on your side, maintain your grasp while supporting the door for yourself. If the hinges are on the guide's side, place your free hand above your original grasp as if you are beginning to change sides. Brace the door with your freed hand. When you have passed through the door, reverse this process and assume your original grasp.

STAIRS



GUIDE: Stop just before the stairs. Tell the VI person if the stairs go up or down. Allow the VI person to use the handrail if possible. Move your arm forward, bringing the VI person to the edge of the stairs. The VI person will be beside you. Stop at the end of the stairs. Tell the VI person that you are at the end.

VI PERSON: Bring your toes to the edge of the stairs. Start a full step after the guide.

NOTE: With time and experience, both the guide and the VI person will become comfortable with a brief pause instead of full stops and with a minimum of verbal directions. A simple statement such as, "stairs down or stairs up," will suffice.